

## 10 Reasons to Fluoridate Public Water

- Fluoride is nature's cavity fighter. It is already present in all water sources, even the ocean. Water Fluoridation is the controlled adjustment of the natural fluoride concentration in a public water supply up to the level recommended for preventing tooth decay.
- Fluoridation protects against tooth decay throughout life, benefiting both children and adults. Inadequate exposure to fluoride places children and adults in a high risk category for tooth decay.
- Fluoridation is the single most effective public health measure to prevent tooth decay and to improve oral health for a lifetime, for both children and adults.
- An estimated 51 million school hours are lost each year due to dental-related illness.
- The average cost for a community to fluoridate its water is estimated to range from approximately \$0.50 a year per person in large communities to approximately \$3.00 a year per person in small communities. The average cost for one dental filling is \$101.94.
- About 70 percent of the population, or more than 184 million people on public water systems, receive fluoridated public water. The Healthy People 2010 goal is to raise this number to 75 percent by 2010.
- The Centers for Disease Control and Prevention (CDC) has proclaimed community water fluoridation one of 10 greatest public health achievements of the 20th century.
- Studies prove water fluoridation continues to be effective in reducing tooth decay by 20-40%, even in an era with widespread availability of fluoride from other sources, such as fluoride toothpaste.
- The American Dental Association (ADA), American Medical Association (AMA), and MS State Department of Health endorse fluoridation of community water supplies as safe and effective for preventing tooth decay.
- Since February 2004, 64 MS public water systems with almost 285,000 people have implemented or will implement water fluoridation programs for their customers using grant funding provided by MSDH. For more information, please call 601-576-7500 or visit [www.HealthyMS.com/dental](http://www.HealthyMS.com/dental).